

Food Bytes

Thank a Farmer


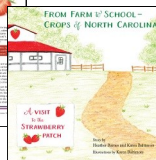

Do you know where the food you eat comes from? Do you know if a farmer was involved? As we celebrate Thanksgiving in the U.S., take time to learn more about the farmers in your area. You can also reach out to thank them for their hard work. USDA *Know Your Farmer, Know Your Food* helps to make connections between farmers and consumers. The North Carolina Department of Agriculture & Consumer Services (NCDA&CS) offers a N.C. Farm Fresh Directory of pick-your-own farms, roadside farm markets, and farmers markets.

Do you know if your school participates in farm to school? The N.C. Farm to School Program sold almost \$1.4 million dollars of produce to 80+ school districts last year. Top crops for N.C. schools: apples, berries, sweet potatoes and lettuce. Storybooks, activity guides and posters are available from NCDA&CS that follow N.C. produce from the field to school meals. Fact sheets, lesson plans, bulletin boards and other resources are available from the N.C. Department of Public Instruction, School Nutrition Services.

Nutrilinks: For resources and info, visit:
www.usda.gov/knowyourfarmer
www.ncfarmfresh.com
www.ncfarmtoschool.com
<http://childnutrition.ncpublicschools.gov>

Menus for November 2015

[Insert name of Local Education Agency] Schools

Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
Monday, November 9	Tuesday, November 10	Wednesday, November 11	Thursday, November 12	Friday, November 13
Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
Monday, November 23	Tuesday, November 24	Wednesday, November 25	Thursday, November 26	Friday, November 27
Monday, November 30				
			  	

November

- Good Nutrition Month
- Thanksgiving



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>

Sources: www.usda.gov/knowyourfarmer, www.ncfarmtoschool.com